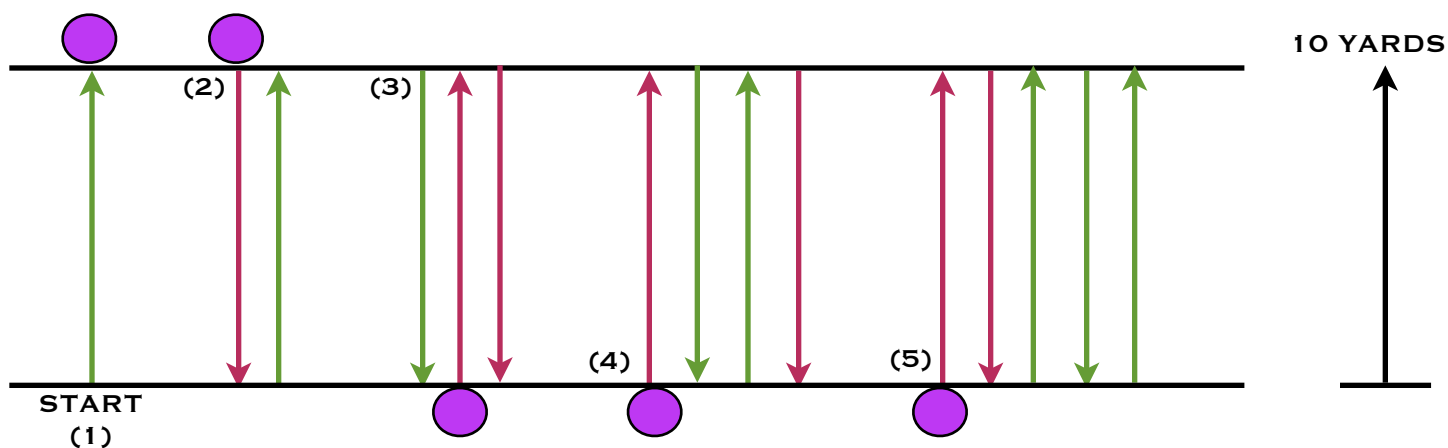


# SAQ WITH THE BALL > "BALL CONTROL & AGILITY"



## DRILL SEQUENCE

Start (1) -- Sprint 10 yards

(2) Collect ball, dribble 10 yards, leave ball, sprint 10 yards

(3) Sprint 10 yards, collect ball, dribble 10 yards, dribble back 10 yards

(4) Dribble 10 yards, leave ball, sprint 10 yards, sprint back 10 yards, collect ball, dribble 10 yards

(5) Dribble 10 yards, dribble bak 10 yards, leave ball, sprint 10 yards, sprint 10 yards, sprint 10 yards

## YARDS COVERED

(1) = 10 yards

(2) = 20 yards

(3) = 30 yards

(4) = 40 yards

(5) = 50 yards

Total (5 Runs/Dribbles) = 150 yards = 1 Set

## ADVANCED RUNS / PROGRESSIONS

For advanced or older players, run three (3) Sets:

1<sup>st</sup> Set: all sprints

$10 + 10 \text{ \& back} + 10 \times 3 + 10 \times 4 + 10 \times 5 = 150$  yards of sprints

2<sup>nd</sup> Set: all dribbles

3<sup>rd</sup> Set: Sprints & Dribbles as in original sequence